

DIABETES*fact*SHEET

How do I know if I have diabetes?

There are several types of diabetes, but type 2 diabetes is the most common among Aboriginal peoples.

You might have type 2 diabetes if:

- ◆ you are often thirsty
- ◆ you go to the bathroom a lot (urinate)
- ◆ you lose weight without knowing why
- ◆ you do not have much energy
- ◆ you can't see well (blurred vision)
- ◆ you get more infections than usual
- ◆ you have cuts and bruises that heal slowly
- ◆ you feel tingling or numbness in your hands or feet.



On the other hand, many people who have type 2 diabetes may not have any of these signs. This is why it is important to be tested regularly for diabetes if you are an Aboriginal adult, or if you have any of the signs listed above.

It is important to know if you have diabetes. The sooner you know, the sooner you can take steps to help you live well with diabetes. People with diabetes can live long, healthy, happy lives.

For more information, or to be tested for diabetes, contact your health care provider.

What is diabetes?

Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

Aboriginal*Diabetes*Initiative

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DIABÈTE *points* SAILLANTS

Comment savoir si tu es atteint du diabète ?

Il existe plusieurs types de diabète, mais le diabète de type 2 est le plus répandu chez les Autochtones.

Tu peux être atteint du diabète si :

- ◆ tu as souvent soif
- ◆ tu dois aller souvent à la salle de bain (uriner)
- ◆ tu perds du poids sans savoir pourquoi
- ◆ tu n'as pas beaucoup d'énergie
- ◆ tu vois mal (vision floue)
- ◆ tu as des infections plus qu'auparavant
- ◆ tu as des coupures et des bleus qui guérissent lentement
- ◆ tu as une sensation de picotements ou d'engourdissement dans les mains ou les pieds.

Par contre, plusieurs personnes atteintes du diabète de type 2 peuvent ne pas avoir de symptômes semblables. C'est pourquoi il est important d'être testé régulièrement pour le diabète si tu es un adulte autochtone, ou si tu as des symptômes mentionnés plus haut.


Il est important de savoir si tu es atteint du diabète. Il faut le savoir dès la première occasion afin de prendre les mesures nécessaires pour bien vivre avec le diabète. Les personnes atteintes du diabète peuvent profiter d'une vie longue, saine et heureuse.

Pour obtenir plus d'information, ou pour être testé pour le diabète, contacte ton fournisseur de soins de santé.

C'est quoi, le diabète?

Le diabète est une condition permanente où le corps ne produit pas assez d'insuline, où le corps ne peut utiliser l'insuline qu'il produit. Le corps a besoin d'insuline pour transformer le sucre de la nourriture en énergie.

Initiative sur *le Diabète* chez les Autochtones



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